

THE IGNATIAN SPIRITUALITY CENTER INVITES YOU TO

A MORNING RETREAT

FRIDAY, FEBRUARY 3, 2023
10:00AM - 12:00PM PT
ST. JOSEPH PARISH, SEATTLE
TRICIA TRAINER & FR. PAT TWOHY, SJ
PRESENTERS



A Morning Retreat provides an opportunity at mid-winter to gather with others for spiritual renewal and communal prayer.

This retreat welcomes all who long for a time of quiet reflection and communal prayer in the midst of the dark, mid-winter season. The practices of in-depth speaking and listening to others, the use of poetry and silence, and the time for contemplation is designed especially for spiritual directors, pastoral leaders, and chaplains along with any who accompany others in their helping professions or personal lives.

**For more information and to register, visit
www.ignatiancenter.org/morning-retreat**

Please register by January 31



Questions?
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